

Depression and Bipolar Support Alliance

Mood Crew®

Tools for Understanding Emotions



Hello!

My name is Lonely and I am glad you found this DBSA Mood Crew workbook! My friends and I created this workbook for children to better understand emotions.

The DBSA Mood Crew has a lot of experience with emotions, so we put our heads together to create games, worksheets, and activities that will illustrate what we are all about. Adults may find these activities and games helpful tools to start talking about emotions with children. (Adults have fun with this, too!)

If you have ever met my friend Angry, you'll know that some emotions can be difficult. However, once you get to know Angry better, you might realize that we all feel that way sometimes. The DBSA Mood Crew wants everyone to know that it is okay to feel all kinds of emotions. The more you get to know us, the better you will be able to recognize who we are and when you feel like we do.

I am really not great at making friends, so I hope it's not too forward to ask if you'd join me in exploring this DBSA Mood Crew workbook. If you are ready, come and get to know us better!

With Feeling,

Lonely

Lonely

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Meet the Mood Crew®





FAVORITE COLOR: RED

FAVORITE FOOD: NONE OF YOUR BUSINESS

WHAT I'M LIKE: AGGRESSIVE, MEAN, IRRITABLE

THINGS I LIKE TO DO: SCREAMING, STOMPING, YELLING, SPITTING (SOMETIMES)

I'm Angry.

Angry is feeling somewhat annoyed to be making her DBSA debut. She doesn't really get why she needs to do this anyway. Angry is known for her famous aggression. Some of her favorite pastimes are screaming, stomping, and yelling. Angry would like to yell at her parents, Bitter and Furious, for even making her do this whole thing.

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FAVORITE COLOR: GREEN

FAVORITE FOOD: SUSHI

WHAT I'M LIKE: RELAXED, EASY-GOING, READY TO HELP

THINGS I LIKE TO DO: YOGA, WATCHING SUNSETS, LONG WALKS

I'm Calm.

Calm is feeling at peace now that she is in the DBSA Mood Crew! Calm has been working on deep belly breaths and is ready to share how good that feels with the other Mood Crew friends. Calm is always there to lend a shoulder to her friends. Calm would like to thank her therapist, Serene, for recommending her to be in the DBSA Mood Crew.





FAVORITE COLOR: BLUE

FAVORITE FOOD: TUNA SANDWICHES

WHAT I'M LIKE: READY FOR NEW ADVENTURES, AMBITIOUS

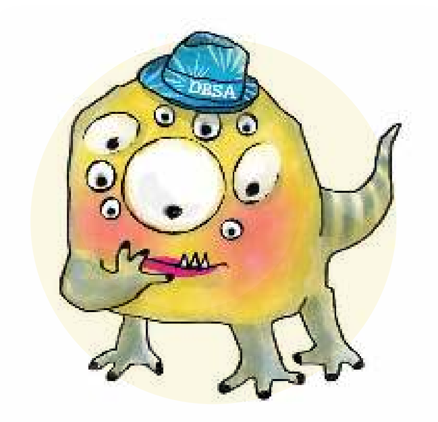
THINGS I LIKE TO DO: BASKETBALL, SKATEBOARDING

I'm Confident.

Confident joins the DBSA Mood Crew feeling ready to jump in! Confident tends to feel assured that things will go well. She brings her hopeful attitude and determination to the group. Confident has been told she is a natural leader with a go-getter spirit. Confident would like to thank her Grandma, Tenacity, for having her join the DBSA Mood Crew!

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FAVORITE COLOR: GRAY

FAVORITE FOOD: HOT DOGS

WHAT I'M LIKE: AWKWARD AROUND MOST PEOPLE, BUT TRYING TO CHANGE

THINGS I LIKE TO DO: BIRD WATCHING, HIDE-AND-SEEK

I'm Embarrassed.

Embarrassed has been flustered since joining the DBSA Mood Crew. Embarrassed tends to be somewhat timid, so joining the DBSA Mood Crew will be quite the experience. Embarrassed was encouraged by his friend Confident to join the Crew.





FAVORITE COLOR: ORANGE

FAVORITE FOOD: GUMMY WORMS & FUNNEL CAKES

WHAT I'M LIKE: READY FOR FUN, ENERGETIC, CAN'T SIT STILL

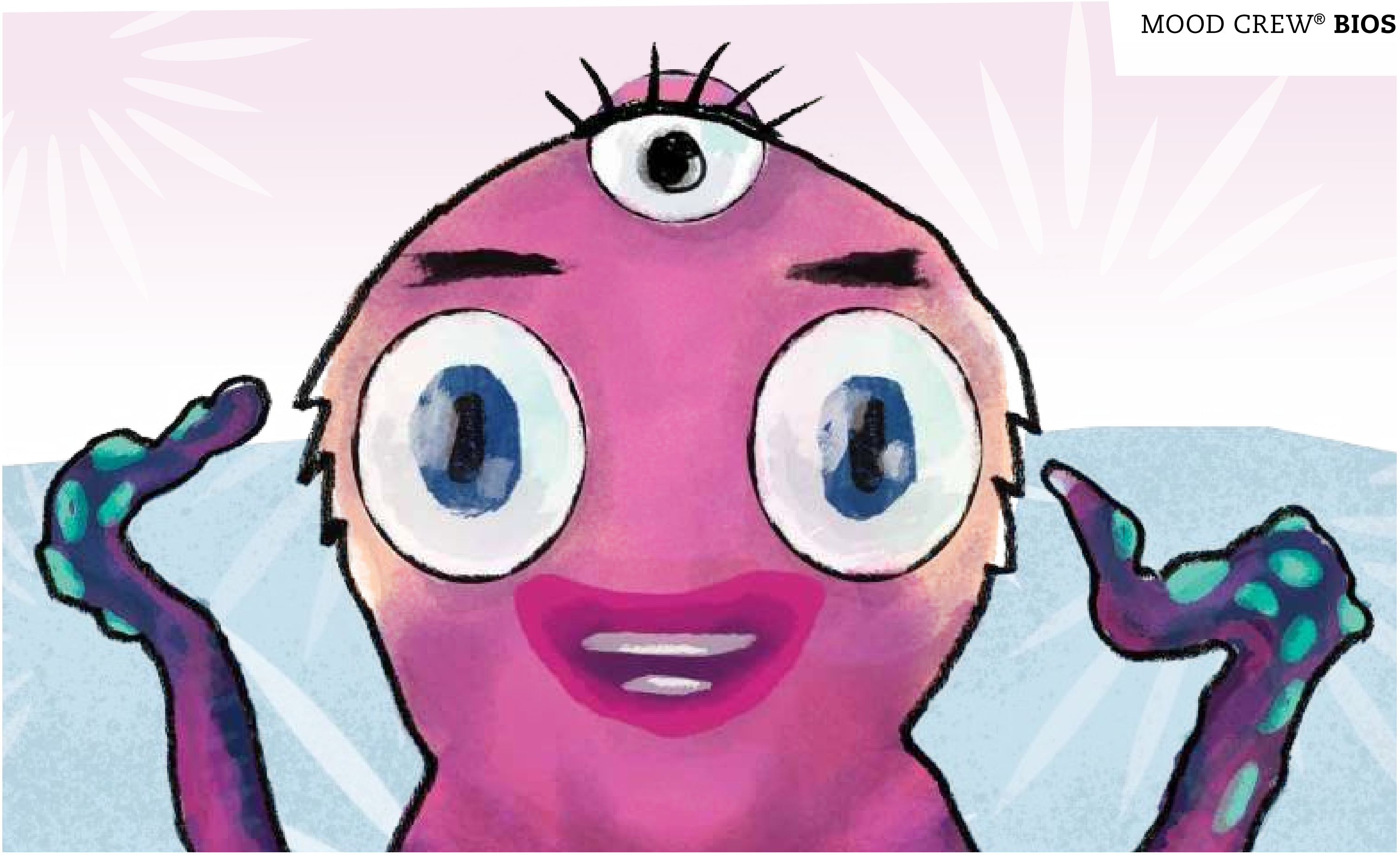
THINGS I LIKE TO DO: ROLLER COASTERS, DANCE PARTIES, TRAMPOLINES

I'm Excited.

Excited is elated to be joining the DBSA Mood Crew! Excited is full of anticipation for all the fun the Mood Crew is going to have together. He is known for his upbeat personality and readiness to dive into any new opportunity. Excited is thankful that his teacher let him know about this opportunity!

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FAVORITE COLOR: ALL OF THEM

FAVORITE FOOD: PIZZA

WHAT I'M LIKE: OPTIMISTIC, CHEERFUL, FRIENDLY

THINGS I LIKE TO DO: SMILE, LAUGH, MAKE NEW FRIENDS

I'm Happy.

Happy is pleased to be making her DBSA Mood Crew debut! Happy is always optimistic and has a great outlook on life. Happy is able to put things in perspective and see the positive in situations. Happy has hard days sometimes but always is around to help friends cope. She would like to thank their parents Cheerful and Joyful for all their support!





FAVORITE COLOR: YELLOW

FAVORITE FOOD: CHEESE STICKS

WHAT I'M LIKE: I'M MY OWN BEST FRIEND

THINGS I LIKE TO DO: READING, DRAWING

I'm Lonely.

Lonely is feeling less isolated since being invited to join the DBSA Mood Crew. Lonely tends to spend a great deal of time by himself and is interested in seeing where this will go. Lonely's father, Solitude, told Lonely that joining the DBSA Mood Crew would be a good way to make new friends. Lonely hasn't always been great at meeting new people, but will give it a try.

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FAVORITE COLOR: BLUE

FAVORITE FOOD: CHOCOLATE

WHAT I'M LIKE: DRAMATIC, KNOWN FOR CRYING

THINGS I LIKE TO DO: CUDDLING WITH MY CAT, NAPPING

I'm Sad.

Sad has a lifetime of experience in the performing space and was referred to join the DBSA Mood Crew by his agent, Melancholy. If there is one thing you should know about Sad it's that despite his reputation, he really does get along well with Happy (rumors about their feud date back to the late '90s).





FAVORITE COLOR: PURPLE

FAVORITE FOOD: MARSHMALLOWS

WHAT I'M LIKE: NERVOUS, UNSURE, SHY

THINGS I LIKE TO DO: I'VE ALREADY SHARED TOO MUCH!

I'm Scared.

Scared is having a great deal of trouble writing this bio. He is somewhat afraid and startled to take such a big step and join the DBSA Mood Crew. Scared doesn't know what to share about himself except that he would prefer not to. Scared found out about the DBSA Mood Crew through his friend, Panic, who declined DBSA's initial offer to be in the DBSA Mood Crew.





FAVORITE COLOR: DO I HAVE TO CHOOSE ONE?

FAVORITE FOOD: BREAD

WHAT I'M LIKE: QUIET, CONCERNED

THINGS I LIKE TO DO: WATCH CLOUDS FLOAT BY

I'm Worried.

Worried is feeling a bit anxious about joining the DBSA Mood Crew. What if something goes wrong? If there is one thing you should know about Worried, it is that she spends a great deal of time thinking, or as Worried's therapist would say, overthinking. Worried found out about DBSA Mood Crew through her friend Scared, who said, "If I'm joining this thing, you can too!"

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Work with the Crew



Angry

Feeling angry is when we feel mad or upset about something.

Times we might feel angry:

- When we don't get to play because we have to do our school work
- When people misunderstand what we are saying
- When something doesn't go well for us

When we feel angry, our body might feel like:

- Our face is hot and red
- Our muscles are tight and tense
- Our heartbeat is faster than normal

Understanding Angry / Questions for learning:

What are some times a person might feel **angry**?

When you feel **angry**, what does your body feel like?

Write about a time that you felt **angry**. What was it like?

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Calm

Feeling calm is when we feel relaxed. When we feel calm, we feel peaceful.

Times we might feel calm:

- When we are falling asleep at night
- When we are doing something relaxing like coloring
- When we are with the people we love like our friends and family

When we feel calm, our body might feel like:

- Our muscles are relaxed
- We are able to listen and focus
- Our heartbeat feels steady

Understanding Calm / Questions for learning:

What are some times a person might feel calm?

When you feel calm, what does your body feel like?

Write about a time that you felt calm. What was it like?

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Confident

Feeling confident is feeling sure that things are going well. When we feel confident, we feel good about ourselves.

Times we might feel confident:

- When we get a good grade on our homework
- When friends tell us we have done a good job
- When we feel proud of an accomplishment

When we feel confident, our body might feel like:

- We are standing up straight and tall
- We are ready to speak up and say what we think
- We have more energy than normal

Understanding Confident / Questions for learning:

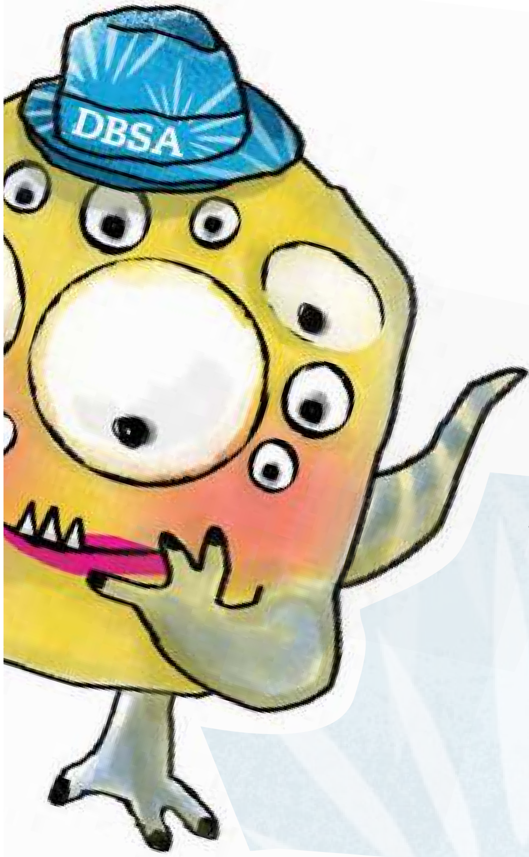
What are some times a person might feel **confident**?

When you feel **confident**, what does your body feel like?

Write about a time that you felt **confident**. What was it like?

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Embarrassed

Feeling embarrassed is feeling uncomfortable because we may not feel understood by others or sometimes make a mistake.

Times we might feel embarrassed:

- If we have to speak in front of the whole class
- If we make a mistake in front of our friends
- When we meet new people and might not know what to say

When we feel embarrassed, our body might feel like:

- The palms of our hands are sweaty
- Our heart is beating faster than normal
- We want hide our faces from others

Understanding Embarrassed / Questions for learning:

What are some times a person might feel **embarrassed**?

When you feel **embarrassed**, what does your body feel like?

Write about a time that you felt **embarrassed**. What was it like?

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Excited

Feeling excited is being eager and enthusiastic. Often we feel excited when something fun is happening.

Times we might feel excited:

- When it is our birthday
- When we are going to have time off from school
- When we are going somewhere exciting like the zoo or on vacation

When we feel excited, our body might feel like:

- We want to jump up and down
- Our eyes are wide open
- Laughing and having big smiles

Understanding Excited / Questions for learning:

What are some times a person might feel **excited**?

When you feel **excited**, what does your body feel like?

Write about a time that you felt **excited**. What was it like?

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Happy

Feeling happy is being cheerful, pleased, or glad. When we feel happy, we feel good about things.

Times we might feel happy:

- When we get good grades on our homework
- When we get to play with our friends
- When we get a new toy

When we feel happy, our body might feel like:

- We have a big smile on our faces
- We feel energy and want to move around a lot
- We stand up straight with our shoulders back

Understanding Happy / Questions for learning:

What are some times a person might feel **happy**?

When you feel **happy**, what does your body feel like?

Write about a time that you felt **happy**. What was it like?

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Lonely

Feeling lonely is the feeling we get when we are not around our friends or family and we want to be.

Times we might feel lonely:

- When we haven't seen our friends in awhile
- When we don't have anyone to play with
- When we have nothing to do and we feel bored

When we feel lonely, our body might feel like:

- Our eyes are heavy or tired
- Curling up to give ourselves a hug
- Our shoulders turn inward

Understanding Lonely / Questions for learning:

What are some times a person might feel **lonely**?

When you feel **lonely**, what does your body feel like?

Write about a time that you felt **lonely**. What was it like?

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Sad

Feeling sad is the feeling of being upset. Sometimes when we are sad we cry, and that's okay.

Times we might feel sad:

- When we miss our friends or family or feel left out
- When we don't get to do what we want to
- When something we love breaks or gets lost

When we feel sad, our body might feel like:

- We want to cry or we do cry
- Our stomach doesn't feel good
- We feel low energy, maybe even kind of tired or sleepy

Understanding Sad / Questions for learning:

What are some times a person might feel **sad**?

When you feel **sad**, what does your body feel like?

Write about a time that you felt **sad**. What was it like?

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Scared

Feeling scared is when we have a fear of something. When we feel scared we may feel jumpy, or nervous.

Times we might feel scared:

- When we hear a loud or strange noise and we don't know where it is coming from
- When we are unsure what is going on or when we feel unsafe
- When we watch a scary movie

When we feel scared, our body might feel like:

- We are breathing faster than normal
- Our muscles feel tight and tense
- We feel like we want to run away or are afraid to move

Understanding Scared / Questions for learning:

What are some times a person might feel **scared**?

When you feel **scared**, what does your body feel like?

Write about a time that you felt **scared**. What was it like?

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Worried

Feeling worried is feeling concerned that something may be wrong. When we feel worried, we may feel afraid that something we don't like will happen.

Times we might feel worried:

- If we don't know whether or not we did well on our homework
- If we forget something we were supposed to bring for school
- When we are missing someone like a friend we haven't heard from in a while

When we feel worried, our body might feel like:

- Our heart is beating faster than normal
- We are frozen in place or stuck
- Our stomach feels empty or uncomfortable

Understanding Worried / Questions for learning:

What are some times a person might feel **worried**?

When you feel **worried**, what does your body feel like?

Write about a time that you felt **worried**. What was it like?

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Color Us In!



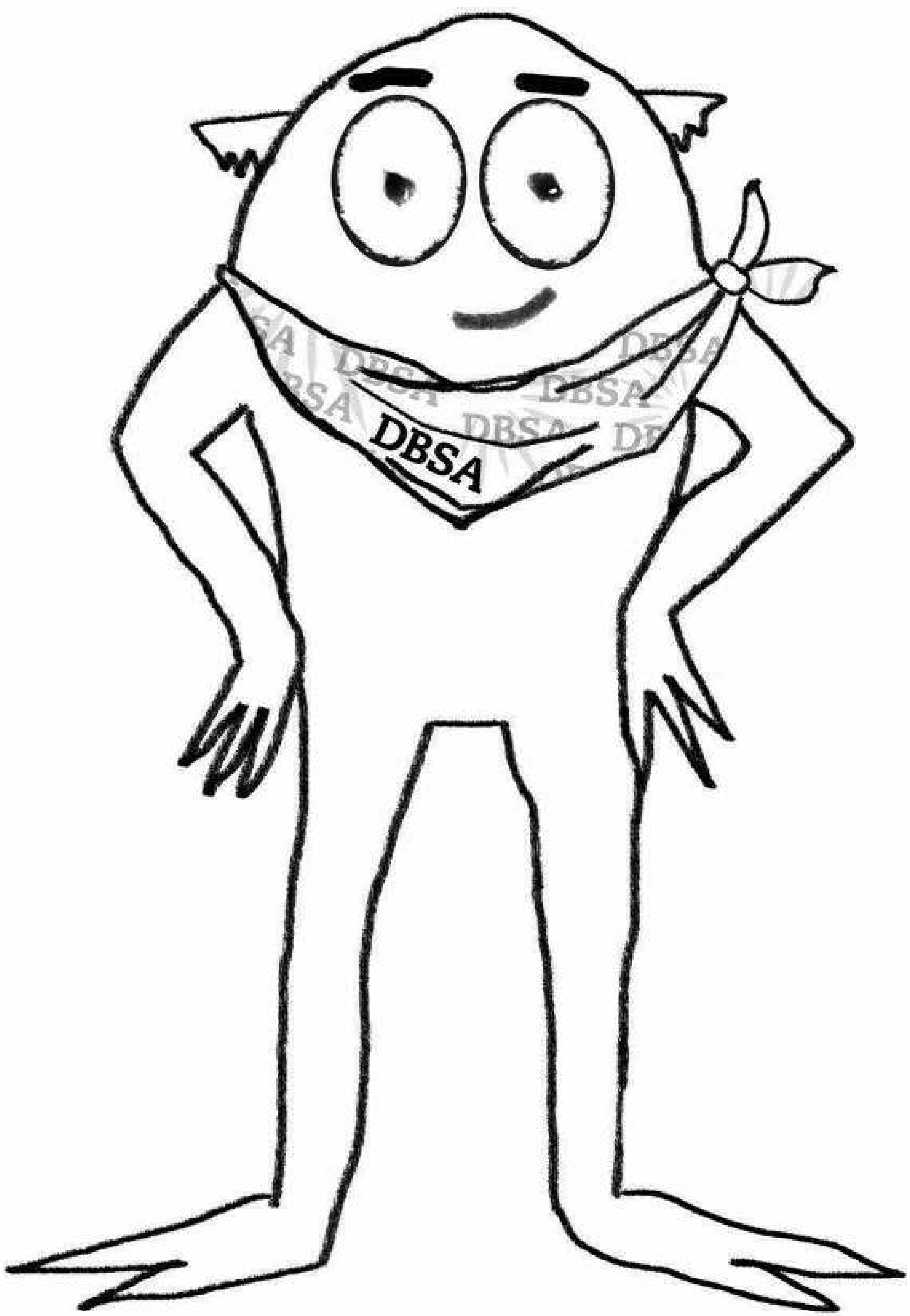
I'm Angry.

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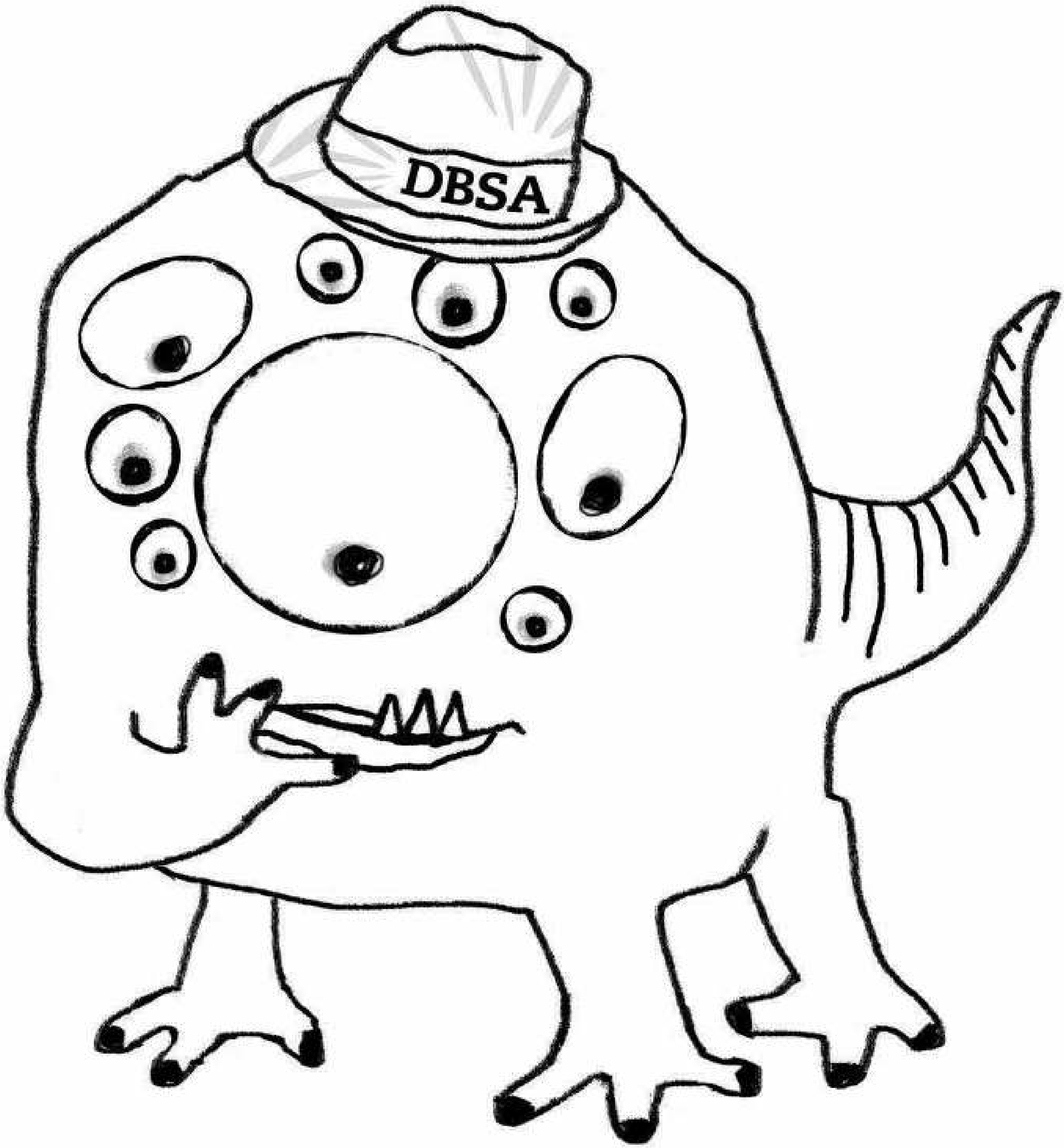
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I'm Calm.



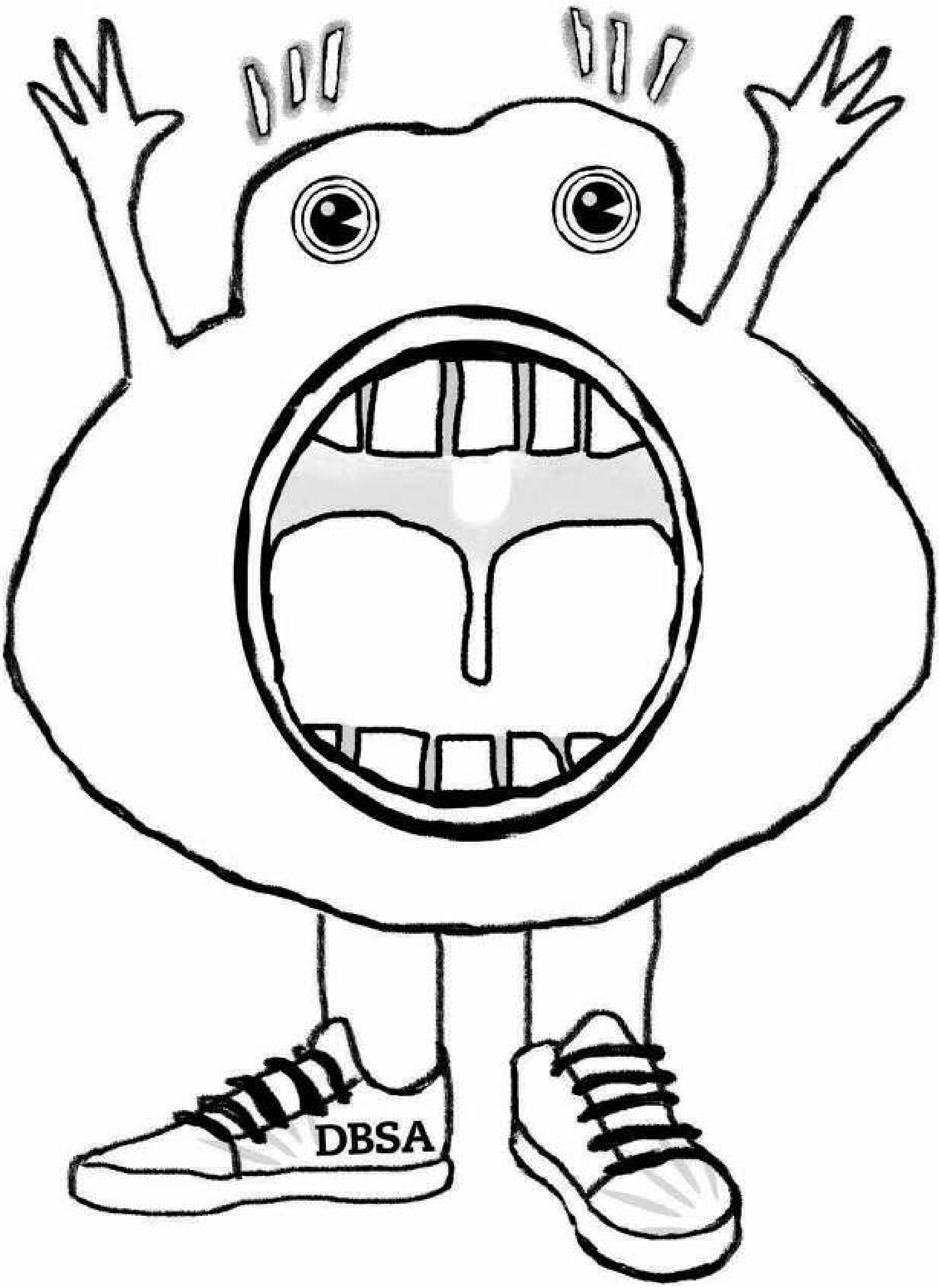
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I'm Confident.



I'm Embarrassed.

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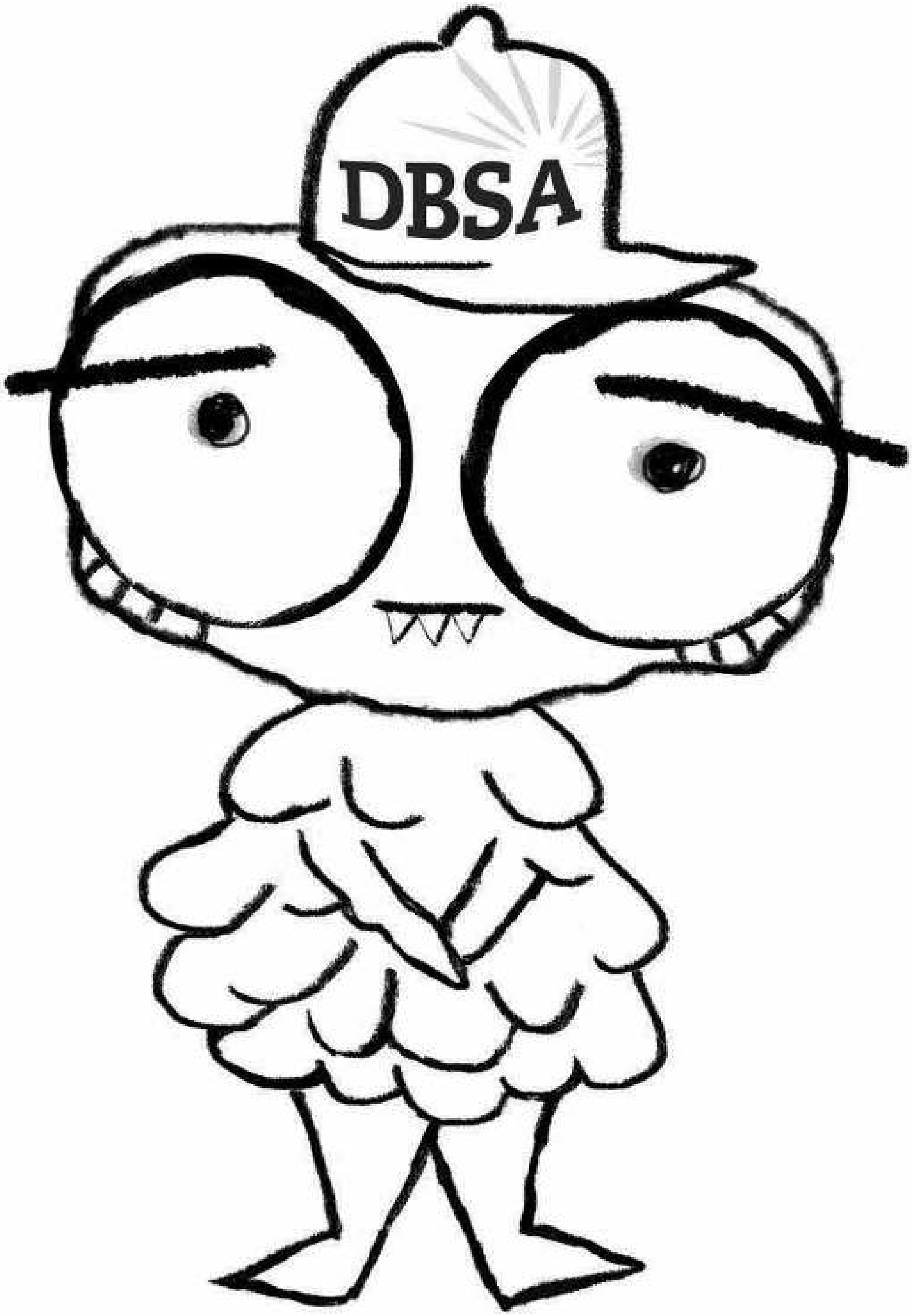
I'm Excited.



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I'm Happy.



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I’m Lonely.



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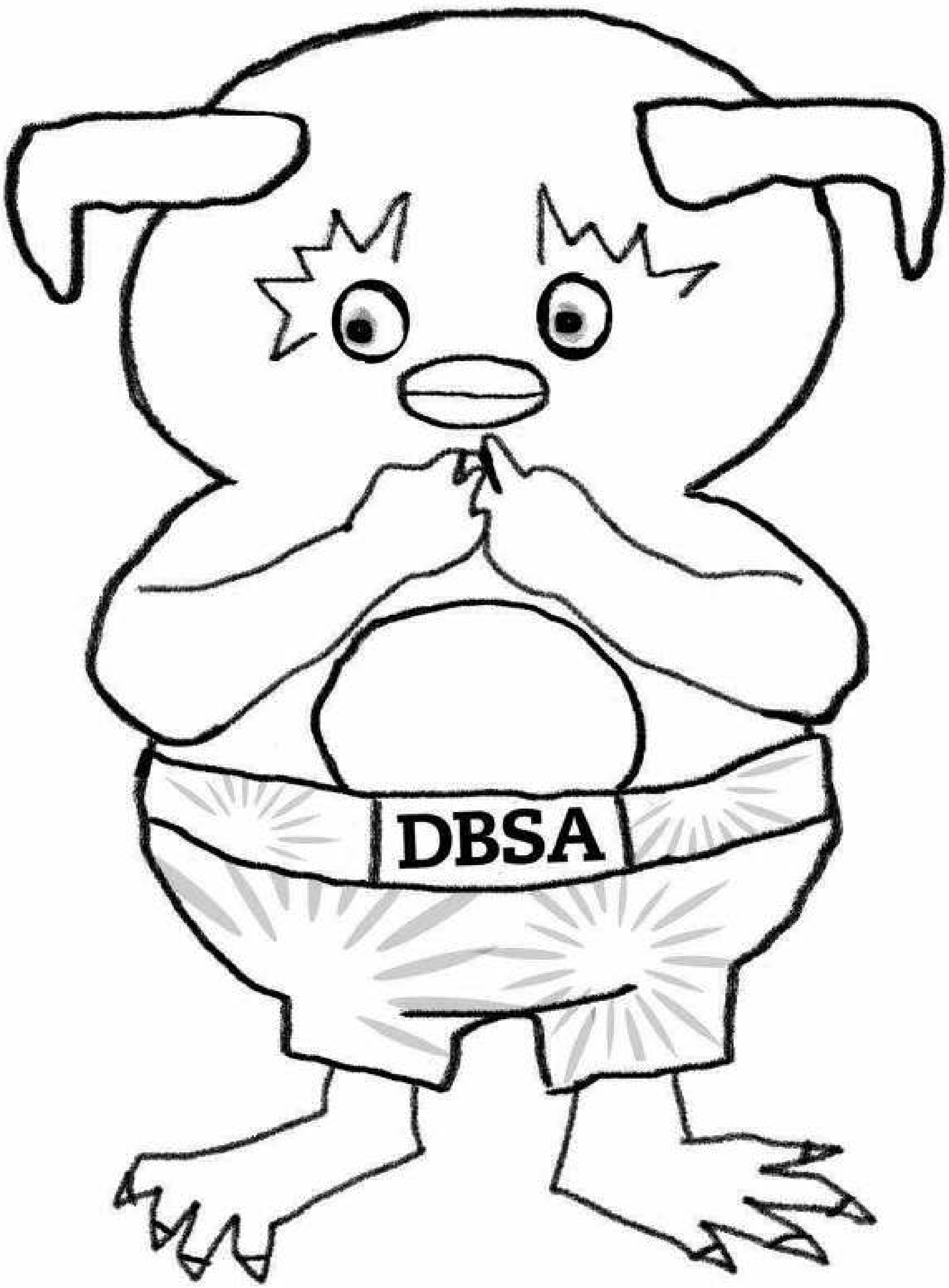
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I'm Sad.



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I'm Scared.



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I'm Worried.

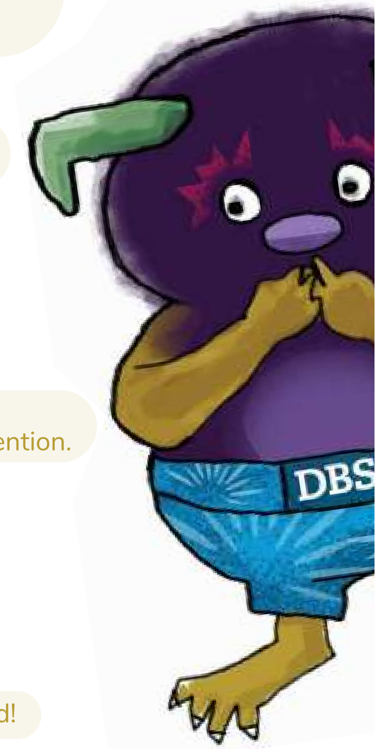
Dialogues

Forgetful Footwear

Calm



Worried



Calm: Hey Worried, do you want to color with me at my desk?

Worried: No, I don't think I can.

Calm: Why? What's going on?

Worried: I left my gym shoes at home and I'm scared that I'm going to get in trouble because I won't get to participate in PE class.

Calm: Oh, I see.

Worried: I'm going to get in real trouble when the teacher finds out.

Calm: Have you forgotten your gym shoes before?

Worried: Yes.

Calm: Did you get in trouble then?

Worried: No. But my teacher said that if I forgot them again, I'd get detention.

Calm: And you don't want to get detention.

Worried: No.

Calm: Yeah, nobody wants to get detention, I guess.

Worried: Oh geez, now I'm really worried!

Calm: Hey Worried, I know detention doesn't feel good, but it won't last forever.

Worried: My teacher is going to be so mad.

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Forgetful Footwear

Worried



Calm



Your teacher just wants you to be able to participate with the class so you can have fun and learn new things.

You are right.

Can you think of a way to remember your shoes for the next time?

At night before I go to bed, I can put them in my bookbag.

That sounds like a great idea!

I'll give it a try!

Ok. Are you going to talk to the teacher now?

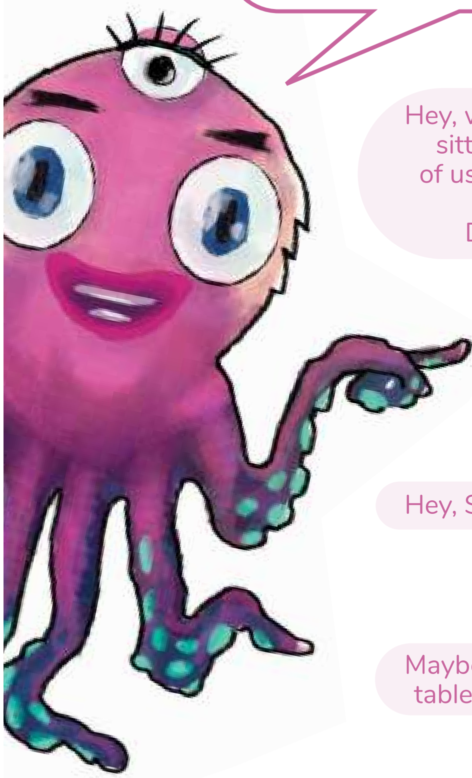
Yes. I'm scared, but I'll do it.

Good. You can color with me after you get back.

Questions for learning:

- Have you ever been in **Worried's** shoes before?
- How did **Calm** help **Worried**?
- Do you have someone that helps you like **Calm** helped **Worried**?
- Have you ever been able to help someone feel more calm?

Let's Stay Together



Happy



Sad

Hey, what are you two doing sitting over here? The rest of us are putting together a puzzle at the table. Do you want to join us?

No. It's no use trying to do anything.

Go on, Happy, we'll just keep each other company for right now. Sad is my only friend.

Maybe forever.

Hey, Sad. Nothing is forever.

It feels like it's always like this. Always.

Happy, it's no use.

Maybe if you joined us at the table, you would feel better.

I could go with you, but then Sad would be... lonely.

It's ok. You can leave me to play with Happy. If you want.

Are you sure?

No.

Well gee whiz, Sad.

You two seem to be stuck together.

We are related.

I should have known! You two look a lot alike.



Lonely

DBSA

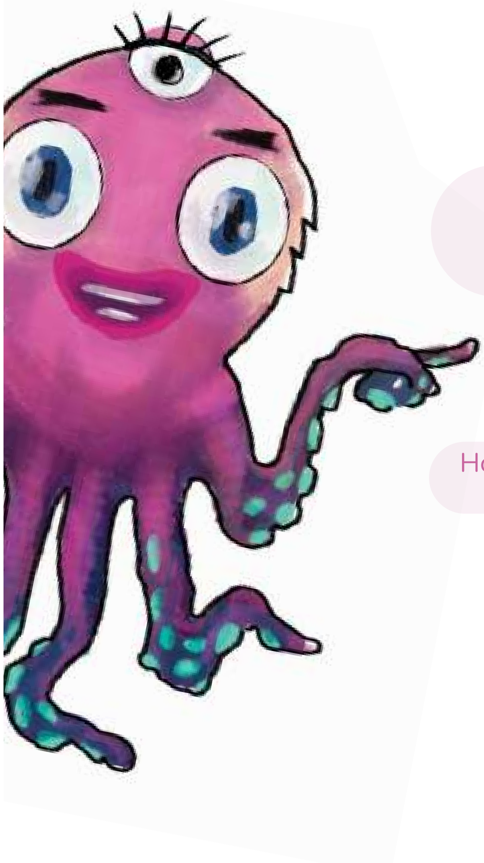
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Let's Stay Together

Sad



Happy



It's our eyebrows.

Yes, that's what it is. Hey, I have an idea!

Oh no, I'm afraid it won't be a good one.

Not good enough to fix how bad we are feeling right now.

Oh, I don't want to fix you two. You're not broken!

But, we can't even get out of this corner.

It's ok, for now. You won't always be here.

We won't?

Of course not!

How do you know?

Well, because I've seen you two other places… on the playground… at lunch… in class…

Lonely



You're right.

I guess we're not always in this corner.

How about I sit here with you for a little bit.

I like you sitting here with us. Don't you, Sad?

Yes. I like talking to you, Happy.

Being with others helps us sometimes.

I do feel less alone now.

Maybe doing a puzzle would help us even more…

Let's give it a try!

Questions for learning:

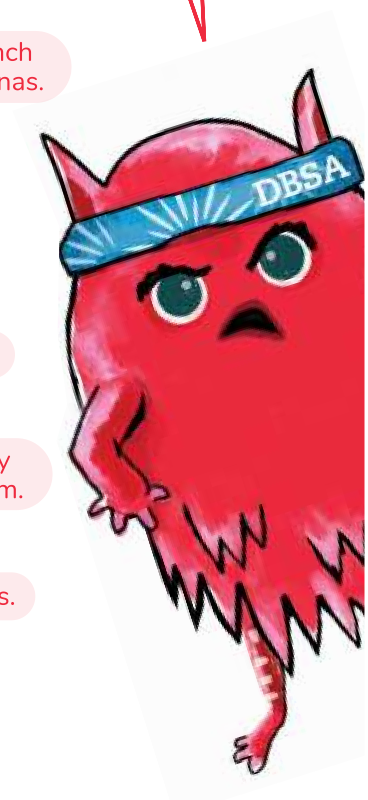
- What are things that make you sad or lonely?
- What are things that make you happy?
- What helps you feel better when you're sad?
- Are you able to talk to your friends or family when you feel lonely?

The Smoosh Factor

Confident



Angry



Hey Angry, how come you're not eating your lunch?

I am angry!

I know! I'm Confident!

This is no time for jokes, Confident!

Ok, ok. Sorry. Yes, let's be serious. Why are you upset?

My mom put a banana in my lunch and she knows I don't like bananas.

Oh I see. Maybe your mom forgot that you don't like bananas?

...maybe.

My mom puts bananas in my lunch because she wants me to eat fruit.

But you like bananas. I do not!

That's true.

See? Maybe you would be angry just like me if you didn't like them.

Maybe.

Bananas are smooshy and gross.

Do you like other kinds of fruit?

Some.

What kinds do you like?

Oranges.

Any other kind?

The Smoosh Factor





Pears.

And...

Apples.

Hey, I have an idea!

What?

What if you told your mom that you don't like bananas because they're smooshy...

Ok...

And then you can tell her about all the other fruits that you like to eat!

Do you think she would put apples in my lunch instead?

I don't know. But, you won't know until you ask.

That's true.

Fruit is nutritious. It's cool that your mom wants you to eat fruit.

You think my mom's cool?

Yeah.

She is pretty cool, I guess. Thanks, Confident.

Questions for learning:

- What would you have done if you were **Angry**?
- How did **Confident** help **Angry**?
- Can you think of a time you were angry and upset?
- **Confident** suggested to **Angry** to talk to her mom about what made her upset. Can you think of a time when you were able to talk to someone who made you angry?

Tripping into Confidence

Embarrassed



Confident



Confident, can I talk to you for a second?

Sure, Embarrassed. I love talking to you!

You do?

Well, yeah. I think you're great!

Oh. Well, ok.

What's up?

This is hard for me to say.

I'm listening.

I'm embarrassed because I tripped over my shoelace in front of everyone and they all laughed at me.

How does that make you feel?

I feel bad about myself.

I'm sorry you feel bad about yourself.

Me too.

But hey—sometimes I do things that I get embarrassed about, too.

Really? Like what?

One time at lunch I spilled ketchup all over my shirt. It was a mess! Everyone was laughing at me.

That is embarrassing! What did you do?

I made a joke! I said, "Hey, everyone, it looks like my shirt likes this ketchup as much as I do!"

What did everyone do after you said that?

They all laughed at my joke instead of my clumsiness.

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Tripping into Confidence

Confident

Embarrassed

Oh. I wish I could have made a joke.

It's ok, everybody gets embarrassed sometimes.

But I don't like the way it makes me feel.

I know, it doesn't feel good. What's another time you felt embarrassed?

One time I didn't brush my hair before school and the other kids laughed at me.

How long did you feel bad about that?

I don't remember.

I bet it wasn't long. Feelings don't last forever.

I guess not.

We're all human, and nobody is perfect.

You're right.

And sometimes when I feel embarrassed about something I did, I remind myself of that.

I'll try that too.

I'm glad you told me how you feel.

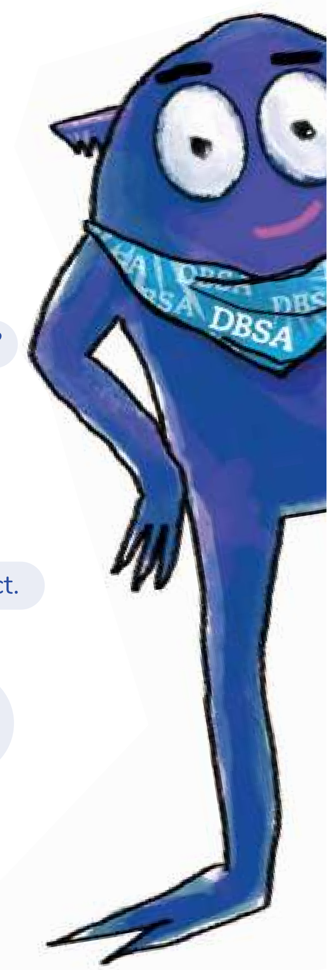
Me too.

How do you feel now?

I feel better because I talked to you.

Good! Then let's play kickball!

Okay!





Questions for learning:

- What helped **Embarrassed** to feel better?
- When have you felt embarrassed?
- **Confident** reminds herself that nobody is perfect. What can you say to yourself when you feel embarrassed?
- If you see someone else who's embarrassed, can you talk to them about it?

Turn on your Heartlight



Excited

Scared



Hey, Scared, what's going on?

I'm afraid!

What are you afraid of?

The dark!

I understand, sometimes the dark can be scary.

It sure can be!

But, it can also be fun. I have an idea!

What is it?

Well, it's dark outside now. Let's get flashlights and go outside—c'mon!

Ok, but will you hold my hand?

Sure, let's go!

SCARED AND EXCITED GO OUTSIDE.

It's so dark out here. My heart is beating so fast!

I know, mine too!

Are you afraid too?

No! But our bodies do some of the same things when we are scared or excited. Isn't that neat?

Yeah, I didn't know that.

Ok. Let's sit here.

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Turn on your Heartlight



Excited

Ok.

Turn your flashlight off.

But it'll be too dark!

You'll be able to see other kinds of light when you turn it off. Trust me!

— *SCARED TURNS THE FLASHLIGHT OFF.* —

Ready? Look up in the sky at all the stars!

Whoa. They are beautiful!

I know! And look over there in the field. Do you see the lightning bugs flying?

Yes!

These are things you can look at when you're afraid.

Thanks, Excited.

And even more fun--when it's dark, you can imagine all sorts of things! What do you imagine in the dark?

What do you imagine in the dark?

I imagine going to the moon and riding roller coasters and climbing mountains!

Those sound terrifying!

Those are things I want to do. What are fun things that you want to do?

I like to go swimming...

Me too! Were you afraid of swimming the first time you tried?

Yes, I was so scared! But my older sister taught me how to swim, so now I'm not scared of it anymore.

See? You can still try new things, even if you are scared.

Yeah, I guess I can.

It's brave to try new things!

You mean I'm brave?

You are brave!!

Thanks for your help, Excited.

You're welcome.

Scared



Questions for learning:

- When have you been afraid to try something new?
- **Excited** wants to go to the moon, ride roller coasters, and climb mountains. What sounds exciting to you?
- When have you tried something that made you afraid at first?
- What makes your heart beat fast?

Mood Crew® Games

MOOD CREW®

Matching Moods Game

Matching Moods is a game that is meant to help children identify and discuss emotions.

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website.
Cut out cards.

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Lay cards out with Mood Crew character facing down.
3. One at a time, flip over the cards until someone finds a match.
4. When someone does find a match, the facilitator (parent, caregiver, clinician, educator) should ask the child a question about that emotion.

   Examples of questions you can ask during game play:

   - Can you tell me what that emotion means?
   - Can you think of a time that you felt that emotion?
   - When you feel this emotion, what expression does your face make?
   - Can you tell me a story about a character that feels that emotion?
   - Can you remember a time when you observed someone else feeling that emotion? Why do you think they felt that way?

5. Once someone gets a match and answers one of the questions above (or a related question you create), they get to keep the match and the next player picks.
6. The game play ends when all the cards have been collected. The winner is the player with the highest number of matches.

DBSA
Depression and Bipolar Support Alliance

American Legion Child Welfare Foundation

Thank you to the American Legion Child Welfare Foundation for their support of these youth mental health tools.

MOOD CREW®

Moods in Motion

Moods in Motion is a game for children and adults to explore ten core moods:

Happy • Excited • Calm • Scared • Confident
Worried • Lonely • Sad • Angry • Embarrassed

Act

Acting out an emotion gives kids (and adults) a chance to feel what happens in their bodies when specific emotions arise. Connecting mind to body while an emotion is occurring can be grounding, which helps us choose to respond to something rather than react.

MIRROR, MIRROR

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website.
Cut out cards.

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:

Mirror, Mirror is a chance to help each player see what their bodies do when they're acting out an emotion. In this game, the player will pick a card and demonstrate their interpretation of what the specific emotion looks like. The other players will mirror them by doing the same movements.

Note to Adults:

Since each player will have their own interpretation/movement for a given emotion, ask the kids how it feels in their body to create the movement or mirror the other players to increase their awareness of how they're moving.

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CWF

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Act

Acting out an emotion gives kids (and adults) a chance to feel what happens in their bodies when specific emotions arise. Connecting mind to body while an emotion is occurring can be grounding, which helps us choose to respond to something rather than react.

BIG TO SMALL

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website.
Cut out cards.

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:
In Big to Small, the player will pick a card and demonstrate what an emotion looks like when it's big and then contrast it with what it looks like when it's small. While each player is in a version of the emotion (big or small), they have to say what their body is physically doing (arms in the air, bouncing legs, tapping feet, etc).

Example:
If a player picks "Excited," a demonstration of big might be jumping up and down with hands in the air as though they're at a baseball game. A demonstration of small might be expressed with wide eyes and a delightful smile.

Note to Adults:
If the young player isn't able to notice what their body is doing, help them by stating the movement and if possible, mirror them so that they can see.

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Draw & Write

Drawing and writing is another way of making a mind/body connection. Though the movement is small while writing and drawing, the body and mind are creating something together, which increases awareness.

DRAW ALL THE THINGS

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website.
Cut out cards.

Gather blank paper and writing/coloring utensils: pencils, crayons, markers (if age appropriate).

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:
In this activity, each participant takes a card and draws a picture of something that makes them feel the emotion of the card they chose. After each player is finished, ask them to talk about what they drew and why.

Note to Adults:
With curiosity, point out attributes of the picture, ie. colors, size, shapes, etc.

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Draw & Write

Drawing and writing is another way of making a mind/body connection. Though the movement is small while writing and drawing, the body and mind are creating something together, which increases awareness.

WRITERS WRITE

Instructions

SET-UP

Print the downloadable DBSA Mood Crew cards from the DBSA website. Cut out cards.

Gather blank paper and writing/coloring utensils: pencils, crayons, markers (if age appropriate).

GAME PLAY

1. Shuffle the cards so that they are in random order.
2. Each player will pick a card and follow directions below.

Directions:
In this activity, each participant takes a card and writes a short story about the emotion they chose. When finished writing, share your stories with each other.

Note to Adults:
Every child is different and has varying levels of writing abilities. If the child wants to write a couple words, they can still share the story they have about the emotion without writing out the full story.

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Calm



Angry



Calm

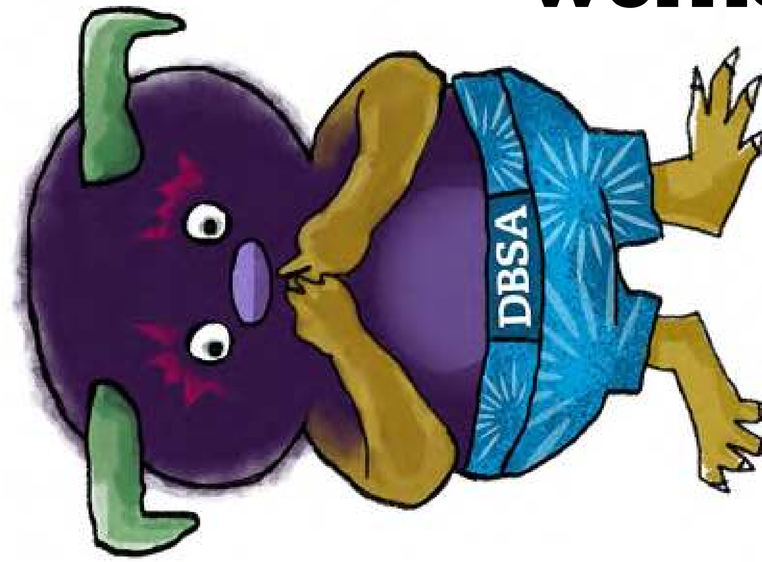


Angry

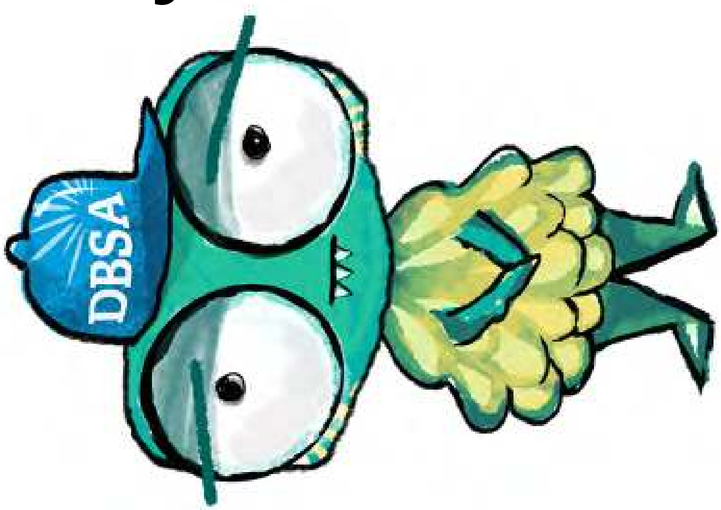
Worried



Worried

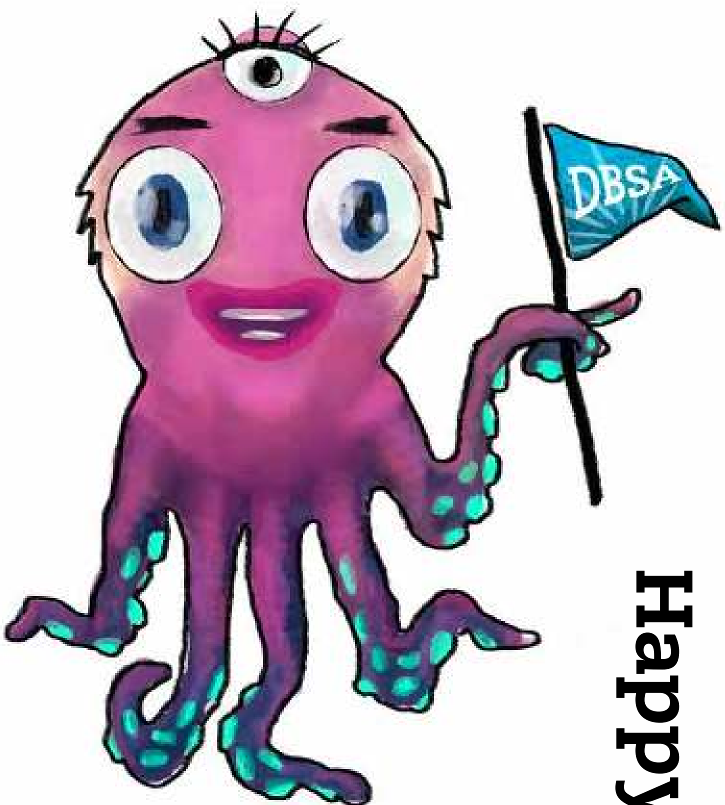


Lonely



Lonely





Happy



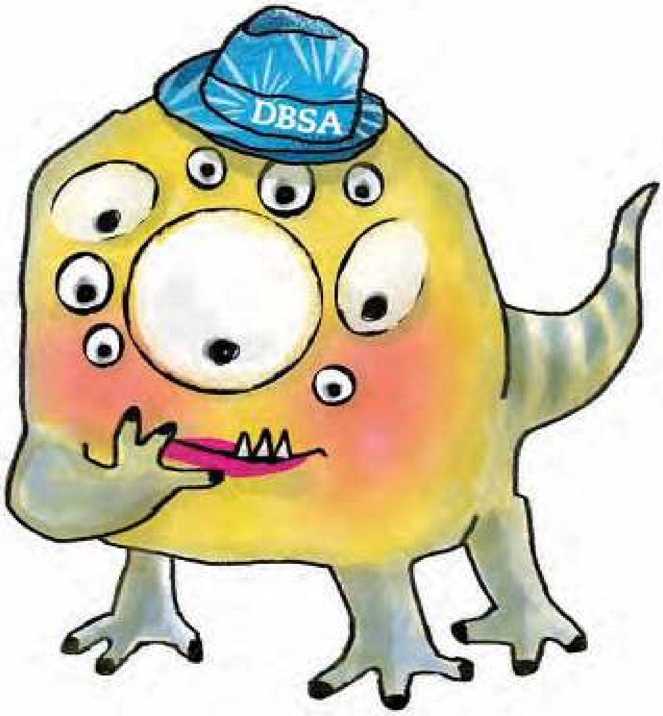
Sad



Happy



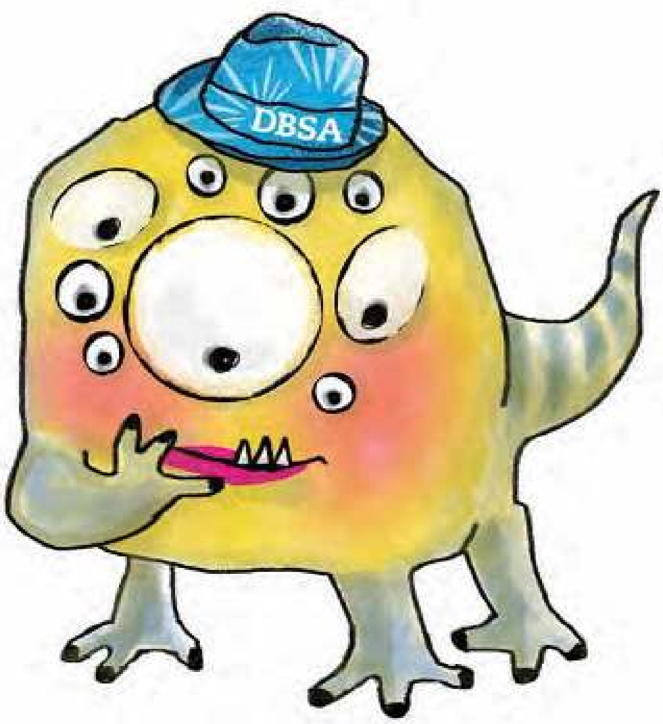
Sad



Embarrassed



Confident

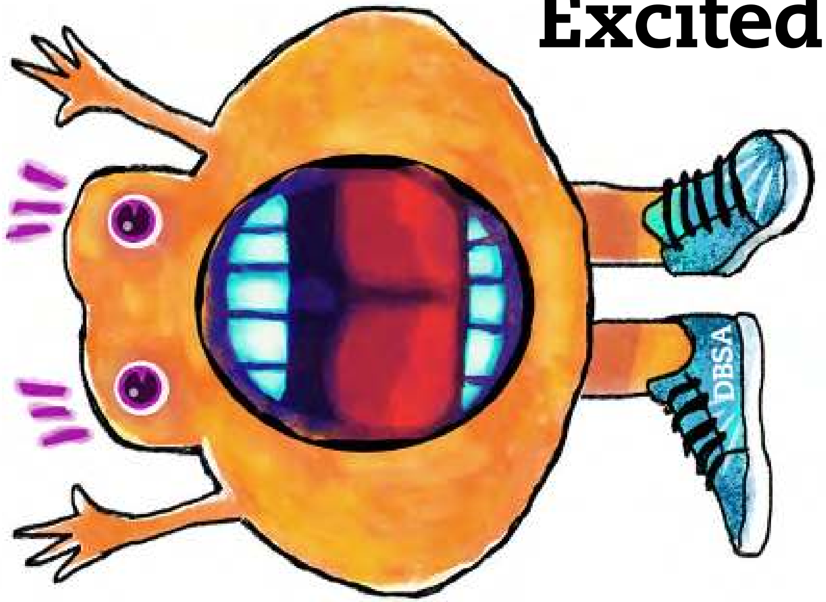


Embarrassed

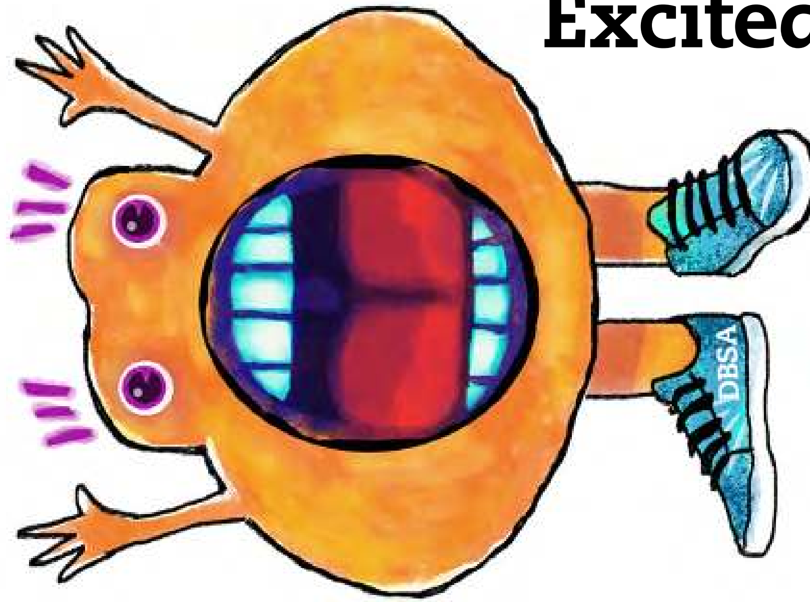


Confident

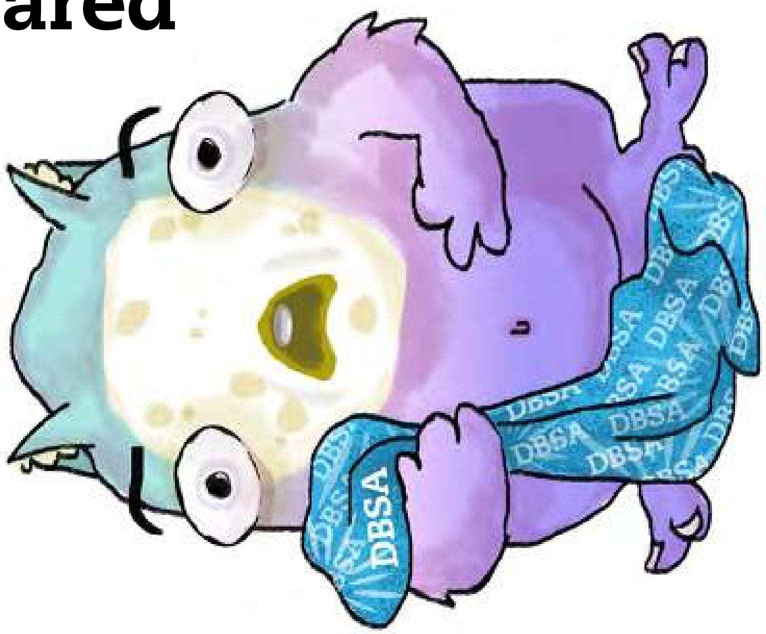
Excited



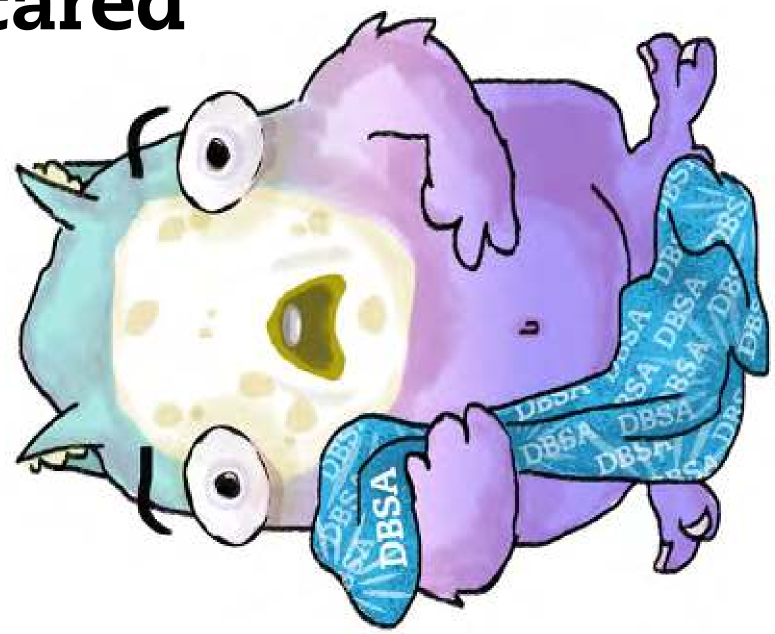
Excited



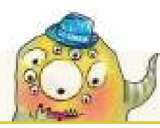
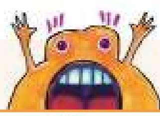
Scared



Scared



Days of the Feels

	MON	TUES	WED	THURS	FRI	SAT	SUN
Angry 							
Calm 							
Confident 							
Embarrassed 							
Excited 							
Happy 							
Lonely 							
Sad 							
Scared 							
Worried 							

DBSA

Depression and Bipolar Support Alliance

NAME ______________________

WEEK OF ______________________

About DBSA

The Depression and Bipolar Support Alliance (DBSA) provides hope, help, support, and education for millions of people who live with mood disorders. DBSA's mission is to serve the estimated 21 million people throughout the U.S. who live with mood disorders. We believe in the strength and resilience of each person and support the individual's right to create his / her / their own path to wellness. DBSA also serves caregivers, families, and friends of people living with mood disorders, because we know that family and social support are central to recovery and wellness.

Find out more information on **www.DBSAlliance.org**.

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